WHAT IS CLAIMED IS:

1. A peeling sheet for peeling a paper from a roller attached to an electrophotographic apparatus, comprising:

a metal plate, and

a fluororesin film adhered to a portion of the metal plate where the metal plate is at least contacted with or adjacent to the roller with a silicone based adhesive.

2. The peeling sheet as claimed in claim 1, wherein the fluororesin film is at least one resin film selected from the group consisting essentially of polytetrafluoroethylene polymer, tetrafluoroethylene - perfluoroalkylvinylether copolymer, tetrafluoroethylene - hexafluoropropylene copolymer, and tetrafluoroethylene - ethylene copolymer.

3. The peeling sheet as claimed in claim 2, wherein the fluororesin film has a thickness of 10μm to 200 μm.

4. The peeling sheet as claimed in claim 1, wherein a surface of the fluororesin film for adhering to the metal plate is surface-treated.

5. The peeling sheet as claimed in claim 4, wherein the surface of the fluororesin film is etched by immersing the fluororesin film in an ammonia solution of metal sodium.

6. The peeling sheet as claimed in claim 1, wherein the silicon based adhesive comprises a dimethylpolysiloxane crude rubber.

7. The peeling sheet as claimed in claim 2, wherein the fluororesin film is polytetrafluorcethylene polymer.

8. A peeling member arranged in contact with or adjacent to a roller attached to an electrophotographic apparatus, comprising:

a support member, and

a peeling sheet adhered to the support member with laser spot welding.

9. The peeling member as claimed in claim 8, wherein the laser spot welding is YAG laser spot welding.

10. The peeling member as claimed in claim 8,

wherein the peeling sheet comprises a metal plate.

11. The peeling member as claimed in claim 8, wherein the peeling sheet comprises a metal plate, and a fluororesin film adhered to a portion of the metal plate where the metal plate is at least contacted with or adjacent to the roller with a silicone based adhesive.

12. The peeling member as claimed in claim 11, wherein the fluororesin film is at least one resin film selected from the group consisting essentially of polytetrafluoroethylene polymer, tetrafluoroethylene - perfluoroalkylvinylether copolymer, tetrafluoroethylene - hexafluoropropylene copolymer, and tetrafluoroethylene - ethylene copolymer.

13. The peeling member as claimed in claim 12, wherein the fluororesin film has a thickness of 10μm to 200 μm.

14. The peeling member as claimed in claim 11, wherein a surface of the fluororesin film for adhering to the metal plate is surface-treated.

15. The peeling member as claimed in claim 14, wherein the surface of the fluororesin film is etched by immersing the fluororesin film in an ammonia solution of metal sodium.

16. The peeling member as claimed in claim 11, wherein the silicon based adhesive comprises a dimethylpolysiloxane crude rubber.

17. The peeling member as claimed in claim 12, wherein the fluororesin film is polytetrafluoroethylene polymer.

18. A fixing apparatus installed in an electrophotographic apparatus, comprising a fixing roller, a pressure roller driven by coupling with the fixing roller, and a peeling member disposed around a nip between the fixing roller and the pressure roller, wherein the peeling member comprises a support, and a peeling sheet adhered to the support member with laser spot welding.